

DINNERLY



Reduced-Carb Chicken Fajita Salad with Creamy Feta



25 minutes



2 Servings

Want all the fun and flavour of fajitas but with less carbs? This dish teams chicken cooked in Mexican spices with capsicum and onion, and instead of serving it in wraps, we've paired it with feta and a mixed leaf salad.

WHAT WE SEND

- 1 red capsicum
- 1 onion
- free-range chicken thigh fillets
- 5g Mexican spice blend ¹⁷
- 50g mixed salad leaves
- 50g feta ⁷

WHAT YOU NEED

- 2 garlic cloves
- 1½ tbs olive oil
- 1 tsp red or white wine vinegar ¹⁷
- 1 tsp honey

TOOLS

- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 440kcal, Fat 27.9g, Carbs 10.3g, Proteins 35.2g



1. Prep ingredients

Crush or finely chop **2 garlic cloves**. Cut the **capsicum** into 4cm chunks. Thinly slice the **onion**. Combine the garlic, **1 tsp Mexican spice blend** (see Make it yours) and **2 tsp olive oil** in a large bowl and season with **salt and pepper**. Add the **chicken** and turn to coat.



2. Soften veggies

Heat **2 tsp olive oil** in a medium frypan over medium heat. Cook the **capsicum**, stirring occasionally, for 3 mins. Add the **onion** and cook, stirring occasionally, for 4-5 mins until the veggies are softened. Add **1 tsp Mexican spice blend** and cook, stirring, for 30 secs or until fragrant. Remove from the pan and cover to keep warm.



3. Pan-fry chicken

Return the pan to medium-high heat. Cook the **chicken** for 5-6 mins each side until browned and cooked through. Remove from the pan.



4. Dress salad leaves

Meanwhile, combine **2 tsp olive oil**, **1 tsp red wine vinegar** and **1 tsp honey** in a large bowl and season with **salt and pepper**. Add the **salad leaves** and toss to coat.



5. Serve up

Thickly slice the **chicken**. Divide the **salad leaves**, chicken and **veggies** among bowls. Crumble over the **feta** and enjoy!



6. Make it yours

Our Mexican spice blend has a mild chilli kick, so reduce the amount if you want to avoid the heat.